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HALEY RITCHIE/METRO

PM defends chief of staff

ELECTION 2015

**Marks the first
time he refers
to Ray Novak
by name**

The revelations of the Mike Duffy trial have placed Stephen Harper's two most recent chiefs of staff in a spotlight that has repeatedly outshined the Conservative leader's federal campaign messaging.

On Sunday, the prime minister came down firmly on the side of this current chief of staff Ray Novak.

And Harper did so by name, for the first time.

As he faced another question about the trial revelations — one that elicited a few noticeable groans from Conservative campaign supporters in Rockland, Ont. — Harper stuck to his core message about the controversial \$90,000 repayment of Duffy's expenses.

He again laid the blame at the feet of Duffy, for wrongly claiming the expenses, and of Nigel Wright, his previous chief of staff, for paying them back.

Harper prefaced his latest comment with a hint that he's discussed the matter with Novak, one of his most trusted aides.

"Mr. Novak has been very clear with me," Harper said Sunday, using his name for the first time after more than a week of questioning by journalists.

Harper emphasized that Wright was the person in charge of his office back in 2013 when all of the Duffy machinations were unfolding, and was therefore the sole staffer responsible for paying back money the senator should have reimbursed himself.

Harper was kicking off the fourth week of the federal campaign, and he faces one more week of evidence from Duffy's fraud trial.

Last week, the prime minister's former lawyer Benjamin Perrin testified that Novak was present on two occasions when Wright's payment was discussed.

That contradicted assertions from Harper and the Tory campaign about what Novak knew.

As Harper wound up last week's campaigning, Novak remained with the Conservative team but had dropped out of the public eye.

That fuelled speculation about whether testimony from the Duffy trial linking him to the Duffy payment scheme might mean Novak's days at Harper's side were also numbered. But Novak was spotted Sunday at a campaign stop in Rockland, Ont. THE CANADIAN PRESS

DUFFY TRIAL

**Suspended senator
Mike Duffy's trial
resumes Monday
before it adjourns
until November, after
the Oct. 19 election**

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ELECTION 2015 RIDING PROFILE: CARLETON

NDP candidate Kc Larocque

After leaving her job with the NDP to run her family's business, Kc Larocque is back in the fold, this time as a candidate.

Larocque was acclaimed as the NDP candidate in Carleton in July. The "number one driving factor" behind her candidacy, she said, is child care.

As luck would have it, she's running against the face of the Conservatives' enhanced Universal Child Care Benefit, Pierre Poilievre.

"When I found out that Poilievre was going to be running in this riding, that made my decision all the more easy," she said.

The NDP's child care promise of one million child care spaces for \$15 a day has been a key plank of their platform.

Larocque and her partner have a two-year-old daughter. She said under the current system of receiving \$160 per month for child

care, neither of them can afford to be stay at home parents.

"That \$160 a month covers about 17 hours of our child care for the entire month, and that isn't going to help parents that are struggling," she said.

Larocque grew up in rural Ottawa, was a public servant for Health Canada and the Canada Revenue Agency, then joined the NDP at its federal office in 2010.

She left last year to run her family's HVAC business.

Although Carleton is a new riding, the area is covers has been a Conservative stronghold in the past. But Larocque said she's hearing frustration "with the way the Conservatives have handled scandal after scandal."

"More and more people are starting to feel that the Conservatives are just not representing the values that they thought they did in previous elections," she said.

MICHAEL WOODS/METRO

Tory candidate Pierre Poilievre



Michael Woods
Metro | Ottawa

Since defeating an incumbent Liberal defence minister as a 24-year-old more than a decade ago, Pierre Poilievre hasn't looked back.

He has evolved from a long-time role as one of Prime Minister Stephen Harper's leading attack dogs to become the face of the government on key initiatives, including electoral reform and their recent child care benefit payouts.

The four-term member of Parliament is running in a new riding, Carleton, whose electors voted more than 60 per cent Conservative in the 2011 election.

Poilievre, who could not be reached for an interview, started his political career as an aide to then-Canadian Alliance leader Stockwell Day, later working for Jason Kenney.

Once the Conservatives formed government in 2006, he served as parliamentary secretary to various high-profile ministers, including Harper and John Baird. He quickly became known as one of the most polarizing MPs on the Hill, a loyal partisan deployed to fire back at the Opposition whenever needed.

While Poilievre's partisan ship can rub voters the wrong way, it hasn't held him back;



Pierre Poilievre JAMES WEST/THE CANADIAN PRESS

in the 2008 election he had the second-highest vote total of any candidate across the country, garnering nearly 40,000.

He was elevated to cabinet in July 2013, becoming Minister of State for Democratic Reform and the face of the Fair Elections Act, the government's controversial changes to Canadian election law.

He later became Employment

Minister, replacing his old boss Kenney, who moved to the defence portfolio.

Of late, he has been the spokesman for the government's enhanced Universal Child Care Benefit, the promotion of which saw him travelling across the country to remind families of the government cheques arriving in the mail.

+ BACKGROUND

Facts & figures

Carleton is a new riding this election. It's drawn largely from two former ridings: about 60 per cent from Nepean—Carleton and 40 per cent from Carleton—Mississippi Mills (it also took a very, very small part of Ottawa South). With a population of 90,000, the riding encompasses urban, suburban and rural areas in the western and southern parts of the city. Elections Canada data shows 2011 results within the riding boundaries favoured the Conservatives. Here are the 2011 results (Carleton is a new riding, but these results are based on Elections Canada data from polling stations within the new riding boundaries):

Conservative: 62%
Liberal: 21%
NDP: 13%
Green: 4%

Critics decried it as a vote-buying tactic by the government.

Poilievre has gone from protégé to mentor, with his longtime staffer Andy Wang running for the Conservatives in the new riding of Nepean.

Green candidate Deborah Coyne

After a long affiliation with the Liberal Party, including a 2013 bid for the leadership, Deborah Coyne is hitting the hustings as a Green Party candidate in the new riding of Carleton.

The constitutional lawyer, professor and author joined the party as a senior adviser to leader Elizabeth May in February.

Her goal now, she said, is to convince Carleton voters that this is the time to "think outside the box" with their vote.

She said to that end, she said she will "vigorously oppose only the Harper Conservatives and Pierre Poilievre." But she also said she thinks people recognize that the Green Party has evolved under May to a party focused not just on the environment, but on a host of long-term issues.

"Parliament is just discredited under this government," she said in an interview. "I think what people are looking for is representatives that aren't just in it to get re-elected. They're in it for the long-term."

So far during her campaign, she has heard concerns about democratic reform, the proposed Energy East pipeline and even the downtown victims of commun-

ism memorial, which she called a "waste of money, an ideological legacy project."

She said most people see the government's recent child benefit cheques as a ploy. "They can see right through it," she said.

In general, she accuses the Conservatives of fostering "extreme citizen disengagement" from federal politics by pandering to narrow constituencies and exploiting regional differences.

Coyne is no stranger to running against high-profile incumbent MPs. In 2006, she ran for the Liberals in Toronto-Danforth against then-NDP leader Jack Layton. MICHAEL WOODS/METRO



Deborah Coyne
TORSTAR NEWS SERVICE

Liberal candidate Chris Rodgers

Ask Chris Rodgers about his greatest strength as a candidate and he doesn't hesitate: his diversity of experience.

The Liberal candidate in Carleton has spent nearly a decade in the public service in three different departments. Before that, he worked in small business and taught community college. He plays in a band and volunteers at his church.

Now, he's trying to unseat a high-profile Conservative, pledging to bring back civility to the public discourse, something he says is sorely lacking.

"We've just seen the level of

political discourse be dragged down into the gutter in the last 10 years," he said. "I think we can do better."

Rodgers, currently on leave from his job as a policy analyst at Public Safety Canada, got involved in the local riding association and party members soon pegged him as candidate material.

"Some longtime volunteers came to me after one of our outreach events which I had organized and said 'Chris, we think you should be the one throwing your hat in the ring,'" he said.

His wife, who teaches at a

high school in the riding, had already been urging him to run, he said. They live in Kars and have a young son.

Now, he's opposing Pierre Poilievre, a Conservative minister known as one of the more partisan figures on the Hill in the last decade.

Rodgers's strategy, he said, is to focus on the party's policy proposals in areas such as child care and taxation.

"When you've got good ideas and you go to the door and you can connect with people, I don't have to talk about my opponent," he said.

"I talk about our ideas."

As a public servant, he said he brings a familiarity with decision-making and policy issues in various areas.

"Public servants don't want more than to be treated fairly and to be respected as professionals," he said. And he said he thinks there's a growing disconnect between the government and the electorate.

"People have a sense that this government is more and more isolated from ordinary Canadians, and that the government is not listening."

MICHAEL WOODS/METRO

AT CITY HALL**On the table this week**

With summer vacation coming to an end, city hall business is picking up steam again.

On the agenda this week: Tuesday's planning committee and a city council meeting on Wednesday.

Here are the hot items to look out for:

- **Cash in Lieu Fund**

The postponed changes to the cash in lieu fund are back. After former River Ward Coun. Maria McRae spent thousands on park benches bearing her own name last year, city staff have suggested revisions to the special parkland fund. This was deferred earlier this summer to give councillors a chance to adjust. If the changes are approved, councillors will not be able to spend the funds on any "promotional items" or run deficits in the account.

- **Crime Prevention Ottawa**

The Crime Prevention Ottawa board, with Stittsville Ward Coun. Shad Qadri as chairman, will present its annual report at the city council meeting. Detailed in the report are various initiatives, including the anti-violence-against-women "I can MANifest change" campaign, the plan to address home takeovers, and the Ottawa Gang Strategy.

- **Rural/Urban festivals**

City staff have recommended a change to the partnership program that allows the City of Ottawa to contribute to festivals and cultural activities. Instead of one stream that accepts all applications, the new system would split rural fairs and urban festivals. If approved at a council meeting, "fairs" and "festivals" would be distinct.

HALEY RITCHIE/METRO NEWS



Jimmy Ngandu, 25, drowned in a Barrhaven quarry on Aug. 9. His friends have started to collect signatures online to urge the quarry owners to put up a barrier in order to prevent future drownings on the private property. DIGNITYMEMORIAL.COM

Petition demands fence at quarry where man died

ACTIVISM

Online call to action seeks to prevent future deaths at site



Haley Ritchie
Metro|Ottawa

High school friends of the 25-year-old man who drowned in a Barrhaven quarry earlier this month have launched a petition to have the off-limits quarry fenced off.

"No parent should have to bury their child," reads the online petition created to remember Jimmy Ngandu, who died earlier this month. "Rest in peace Jimmy, you will be missed."

The online petition was created on Aug. 14 on ipetitions.com, and currently has 206 signatures.

The creator, Ngandu's friend Rebecca Morel, said she will take the petition to quarry-owner Mattamy Homes when

it reaches 3,000 signatures.

Morel remembers Ngandu fondly.

"He was a really funny guy, good guy, always friends with

He was a really funny guy, a good guy, always friends with everybody. It hit me pretty hard.

Rebecca Morel, creator of an online petition to fence off the quarry where her friend Jimmy Ngandu died

everybody. It hit me pretty hard," said Morel, who attended École secondaire publique Deslauriers with Ngandu.

"I started a petition to have it fenced off, but I would even go as far as draining it or filling it in. I figured a fence would be at least a good start," she said.

The quarry is a popular spot for summer swimming, despite the "No Trespassing" signs put up by owner Mattamy Homes.

In July, Ottawa Police handed out \$65 tickets to trespassers to try and deter swimmers. With the tickets clearly in-

effective, Morel said she wants to see better safety measures in place.

Ngandu is not the first young person to die swimming at the quarry.

In 2003, an 18-year-old named Sami Mohammed also drowned there.

"I realized nothing had been done since to really prevent this from happening again. Putting up some no trespassing signs apparently is not working."

"We need to do something else more drastic to help prevent this from happening again," said Morel.

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Capital beaming with Pride

Ottawa's annual LGBTQ celebration erupted in a colourful, climactic end with a parade through Centretown on Sunday afternoon and costumed revellers partying through the night. **HALEY RITCHIE** METRO

The route returned to the heart of the Village in time for the 30th anniversary of the festival.

The floats began at Gladstone Avenue and Bank Street, travelled a block west to Kent Street, up to Laurier Avenue

and back down Bank to end at Somerset Street.

Thousands gathered to hear blaring music and watch colourful displays, which included representatives and floats from local LGBTQ

organizations, political candidates, businesses and city services.

Capital Pride relaunched as a new organization this year through a partnership with the Bank Street BIA.

Due to the massive turnout, the parade took more than three hours. As far as marchers and spectators were concerned, it was a grand success — just take a look at their faces.

SNAPSHOTS

Colour parade a great success

CLOCKWISE FROM LEFT: It was not hard to find all manner of flags, boas, temporary tattoos, beads and flowers in the colours of the Pride spectrum; an enthusiastic crowd covered in rainbows greets the parade along Kent Street; three Ottawa drag queens capture their fabulous outfits with a selfie stick along the parade route on Kent Street; a massive float celebrating Ottawa's trans community leads the parade, while Ottawa paramedics travel in the parade, complete with a would-be rainbow-clad patient on a stretcher; a uniformed member of the RCMP marches in the parade alongside fellow officers and members of the Ottawa Police.

ALL PHOTOS BY HALEY RITCHIE/METRO



Adultery website faces \$578M class-action lawsuit over breach

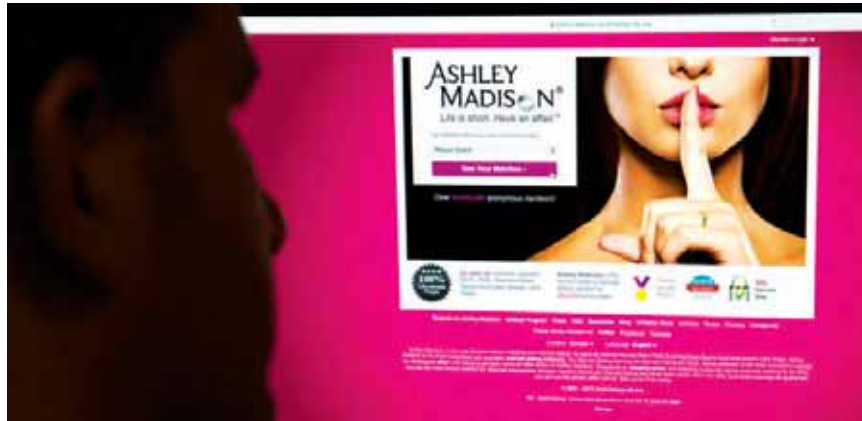
ASHLEY MADISON

Two law firms argue 'extreme' violation of users' privacy

Two Canadian law firms have filed a \$578 million class-action lawsuit against the companies that run Ashley Madison after a hacker group's data breach exposed some 39 million memberships in the adultery website earlier this week.

Charney Lawyers and Sutts, Strosberg LLP, both of Ontario, said Friday that they filed the lawsuit on behalf of Canadians who subscribed to Ashley Madison and whose personal information was disclosed to the public. The website, with its slogan "Life is short. Have an affair," is marketed to facilitate extramarital relationships.

The lawsuit, filed Thursday in the Ontario Superior Court



Charney Lawyers and Sutts, Strosberg LLP, both of Ontario, have filed the first major legal case in Canada against Avid Dating Life Inc. and Avid Life Media Inc., the Toronto-based companies in charge of AshleyMadison.com. GRAEME ROY / THE CANADIAN PRESS

of Justice, targets Avid Dating Life Inc. and Avid Life Media Inc., the Toronto-based companies that run AshleyMadison.com. Its class-action status "still needs to be certified by the court," the statement says.

Ashley Madison did not immediately respond to requests for comment. It has said that the personal details exposed in the initial data leak can't be used to prove the infidelity of their clients.

The plaintiff is Eliot Shore, an Ottawa widower. Shore said he joined the website for a short time in search of companionship after he lost his wife to breast cancer. He said he never cheated and never

met up with any members of the site.

Lawyer Ted Charney told The Associated Press it is the first class-action suit filed against the companies in Canada.

In the U.S., Missouri lawyers have filed a class-action lawsuit in U.S. District Court seeking more than \$5 million in damages. Lawyers filed a statement of claim late last month on behalf of an unnamed female plaintiff who said she ponied up \$19 so Ashley Madison would purge her personal information from its website in a process called a "paid-delete."

The lawsuit argues that the privacy of Canadian members was breached in July when hackers infiltrated Ashley Madison's website and downloaded private information. The data breach includes users' personal names, emails, home addresses and message history. On Tuesday, the information was posted publicly online.

The law firms' statement

said numerous former users of the website have approached them to inquire about their privacy rights under Canadian law.

"They are outraged that AshleyMadison.com failed to protect its users' information," lawyer Ted Charney said.

"The sensitivity of the information is so extreme and the repercussions of this breach are so extreme, it puts the damages faced by members in a completely different category of class-action suits," said Charney. THE ASSOCIATED PRESS

+ BACKGROUND

There are hundreds of email addresses in the data release that appear to be connected to federal, provincial and municipal workers across Canada, as well as to the Royal Canadian Mounted Police. THE ASSOCIATED PRESS

RAINFALL

Weekend storms drench Manitoba

Thousands lost power, sewers backed up and a mall flooded when parts of Winnipeg were drenched with more than 50 millimetres of rain.

Environment Canada meteorologist Jim Slipec says the South St. Vital district of the city got 70 mm on Saturday, followed by another 10 mm early on Sunday. Flooding closed the cinemas at the St. Vital Shopping Centre on Saturday night.

By Sunday morning, the city

had received 10 calls for raw sewage backup and 21 calls for clean sewer backup. Some rural areas also saw baseball-sized hail.

Manitoba Hydro said 4,000 people were left without power Saturday and crews were still working to restore it in some parts of Winnipeg on Sunday.

The wet and windy weather also disrupted the annual Biking to the Viking charity ride for multiple sclerosis.

THE CANADIAN PRESS

IN BRIEF

Plane lands safely after 'mechanical emergency'

An Air Canada flight headed from St. John's, N.L., to Toronto safely landed Friday after crew reported a mechanical emergency soon after takeoff.

The St. John's International Airport Authority said the plane circled back and returned without incident just before 2:30 p.m.

Airport emergency and local fire crews responded along with regional health officials.

No injuries or need for medical treatment were reported.

Air Canada spokesman Peter Fitzpatrick said the pilot turned around when the landing gear on the Embraer 190 aircraft would not retract.

Fitzpatrick said in an email the cause is under investigation and customers will be moved to different flights to be on their way as quickly as possible. There were 100 passengers and crew on-board. THE CANADIAN PRESS

ADVISORY

Southern B.C. hit by smoke from U.S. fires

Smoke from wildfires raging in Washington state has drifted north, blanketing much of southern British Columbia in a thick haze.

Winds drove smoke from several wildfires south of the border into the province over the weekend, resulting in poor visibility and air quality issues, the B.C. Wildfire Service said in a release.

A series of wildfires in Washington state has grown to 968 square kilometres, and includes

the Stickpin fire burning about 4.5 kilometres south of the Canada-U.S. border.

B.C. fire crews, including 33 fire personnel, three officers and two pieces of heavy machinery, crossed into Washington state on Sunday to help American crews fight the blaze.

Fire information officer Fanny Bernard said the Canadians will be responsible for a northeastern branch of the 192-square kilometre fire. THE CANADIAN PRESS

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Grits ask to reopen probe

ELECTION 2015

Duffy trial dogs Harper on campaign trail

The Mike Duffy inferno grew ever closer to breaching Stephen Harper's firewall Friday, but with the trial nearly over and the 11-week election campaign just ramping up, the prime minister appeared convinced it would burn out on its own.

Harper nearly had the campaign trail all to himself — Bloc Québécois Leader Gilles Duceppe was the only other party leader holding a public event — but the Duffy questions just kept coming.

Melanie Thomas, a political science professor at the University of Calgary, said the trial would be “explosively” damaging to the Conservative campaign if it was closer to the Oct. 19 election.

As it is, it has consistently pushed Harper off message, she said. “It’s difficult for them to frame each day on the kind of thing that they want the day to



Liberal MP Dominic LeBlanc has issued a request to the RCMP and information commissioners to investigate digital communications sent and received by Ray Novak. THE CANADIAN PRESS FILE

be about.”

Any potential fallout might be mitigated by the likelihood many voters won't start paying attention to the campaign until after Labour Day, she said.

But the NDP and Liberals seem

determined to fan the flames.

Liberal candidate Dominic LeBlanc sent a letter to the RCMP and the information commissioner Friday, asking them to look into texts and BlackBerry PIN messages sent and received

by Ray Novak because they may be relevant to Duffy's fraud trial.

“Email records produced thus far may not tell the complete story. Specifically, new testimony may indicate that Mr. Wright and Mr. Novak communicated

via BlackBerry PINs and BlackBerry messages in the past, and as recently as two weeks ago,” LeBlanc wrote.

“I am requesting that any necessary steps be taken to ensure that these potentially relevant communications are preserved.”

The NDP sent a letter to the RCMP commissioner, asking him to consider laying charges against Wright and up to a dozen other staffers in the Prime Minister's Office for their alleged roles in covering up the Duffy scandal.

NDP ethics critic Charlie Angus said Wright's testimony produced significant new evidence about Wright's role as well as that of at least a dozen other senior staff, including Novak.

Claude Denis, a political science professor at the University of Ottawa, said the trial feeds into established narratives for both Harper supporters and opponents. The latter see testimony as more evidence of what they already believed about the government — that it's secretive and untrustworthy, Denis said. To supporters, it's seen as more evidence that the mainstream media and the courts are against him, Denis said. THE CANADIAN PRESS

IN BRIEF

Atwood column disappears, reappears

A newspaper column by Margaret Atwood that poked fun at Stephen Harper's hair disappeared for several hours from the National Post website Friday, raising the ire of the Twitterverse and prompting the award-winning author to wonder if she'd been censored.

Atwood's piece was back on the newspaper's main page late Friday after being taken down mid-afternoon.

Post officials said it was held for fact-checking.

The column poked fun at Harper, using as an entry point the Conservative attack ads that take aim at Justin Trudeau with the phrase, “Nice hair, Justin.”

After it was removed from the site, Atwood tweeted the paper asking if she'd been censored for what she called a “flighty little caper on hair,” drawing hundreds of retweets and responses.

The hashtag #hairgate began trending nationally as users questioned the newspaper's intent.

THE CANADIAN PRESS

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France to award train heroes prestigious Legion of Honour

BRAVERY

Military training credited with saving lives

Three American travellers say they relied on gut instinct and a close bond forged over years of friendship as they took down a heavily armed man on a passenger train speeding through Belgium.

U.S. Airman Spencer Stone, recounting for the first time on Sunday how a likely catastrophe was averted two days earlier, said the gunman, an assault rifle strapped to his bare chest, seemed like he was "ready to fight to the end." But he added, "So were we."

Without a note of bravado but a huge dose of humility, the three described Friday's drama on an Amsterdam-to-Paris fast train.

His arm in a sling, Stone, 23, said he was coming out of a deep sleep when the gunman appeared.

One of his friends, Alek Skarlatos, a 22-year-old National Guardsman recently back from Afghanistan, "just hit me on the shoulder and said 'Let's go.'"

French President Francois Hollande and a bevy of officials are presenting the Americans with the prestigious Legion of Honour on Monday. A French citizen who first came across the gunman near a train bathroom and a British man who joined to help tie up the assailant also are being honoured with the award, according to the president's office.

The gunman, identified as 26-year-old Moroccan Ayoub El-Khazzani, is detained and being questioned by French counter-



Jane D. Hartley, U.S. Ambassador to France, left, acknowledges, from second left, U.S. Airman Spencer Stone, Anthony Sadler, a senior at Sacramento University in California, and U.S. National Guardsman Alek Skarlatos at the end of a press conference held at the U.S. Ambassador's residence in Paris, Sunday.

FRANCOIS MORI/THE ASSOCIATED PRESS

terrorism police outside Paris. French and Spanish authorities say El-Khazzani is an Islamic extremist who may have spent time in Syria. El-Khazzani's lawyer said on Sunday that he was homeless and trying to rob passengers on the train to feed himself.

Authorities in France, Belgium and Spain, where he once lived, are investigating the case. French authorities can legally hold him

for questioning until Tuesday, when they must charge him or free him.

His case raises questions about train security as well as how a man who had been on the radar of all three countries managed to board the train unbothered and loaded with weapons.

Skarlatos said El-Khazzani "clearly had no firearms training whatsoever," but if he "even

just got lucky and did the right thing he would have been able to operate through all eight of those magazines and we would've all been in trouble, and probably wouldn't be here today, along with a lot of other people."

Armed with an arsenal of weapons and apparently determined, he presented a formidable challenge to the vacationing friends who snapped into action

out of what Skarlatos said was "gut instinct."

His and Stone's military training "mostly kicked in after the assailant was already subdued," he said, noting the medical care Stone provided and checking cars for weapons elsewhere.

"We just kind of acted. There wasn't much thinking going on," he said, "at least on my end." Stone replied with a chuckle,

"None at all."

Stone and Skarlatos moved in to tackle the gunman and take his gun. The third young man, Anthony Sadler, 23, moved in to help subdue the assailant. "All three of us started punching" him, Stone said. Stone said he choked him unconscious. A British businessman then joined in the fray.

THE ASSOCIATED PRESS

DIPLOMACY

U.K., Iran restore formal ties

Britain reopened its embassy in Tehran Sunday in a sign of newly thawed relations in the wake of a landmark nuclear deal between Iran and world powers.

British Foreign Secretary Philip Hammond attended the reopening ceremony and witnessed the raising of the Union flag over the compound.

The embassy has been closed since November 2011, when it was stormed by demonstrators protesting the imposition of international

sanctions against the Islamic Republic.

"Maintaining dialogue even under the most difficult conditions is crucially important," Hammond said during a joint press conference with Iranian Foreign Minister Mohammad Javad Zarif.

"So reopening the embassy in Tehran and the Iranian embassy in London is not just an important symbol. It's an important practical channel for being able to engage on the very many issues that are of concern and the very many

issues that we have shared interests."

Zarif welcomed the reopening of the British Embassy, saying it showed Iran's regional and global significance.

But despite the mutual optimism on display, the reopening was greeted with open skepticism and hostility in some corners. The semi-official Fars news agency, which is considered close to Iran's conservative camp, best captured the sentiment with the headline: "Den of fox reopened." THE ASSOCIATED PRESS

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Death toll likely 11: Police

ENGLAND

Investigators expect to find more bodies in airshow crash

British police say the death toll from an airshow crash is "highly likely" to increase to 11 people after a fighter jet slammed into a busy main road.

The Hawker Hunter single-seater fighter jet, which was participating in the Shoreham Airshow near Brighton in southern England, hit several vehicles on a nearby road as it crashed Saturday afternoon. Witnesses say the jet appeared to have plummeted when it failed to pull out of a loop manoeuvre.

The initial death toll was seven.

Assistant Chief Const. Steve Barry of Sussex police said officials were removing bodies from the scene Sunday and more fatalities may be discovered.

The pilot remained in critical condition in the hospital, and a crane will remove the jet wreckage on Monday.

In addition to the seven people who died at the scene, police said one patient with life-threatening injuries was taken to the hospital. Another 14 people were treated for minor injuries.

News video and photographs showed a fireball erupting near trees and huge plumes of thick black smoke



Emergency services attend the scene on the A27, Saturday. DANIEL LEAL-OLIVAS/THE ASSOCIATED PRESS

rising. A witness, Stephen Jones, told the BBC that the pilot had just begun his display.

"He'd gone up into a loop and as he was coming out of the loop I just thought, 'You're too low, you're too low, pull up.' And he flew straight into the ground either on or very close to the A27, which runs past the airport," Jones said.

Police said all the deaths were believed to have occurred on the road, and no one on the airfield was be-

lieved injured. It was not known whether the pilot was able to eject.

Crashes at British airshows are rare, but in 2007 the pilot of a Second World War Hurricane died at the Shoreham Airshow after performing an unplanned barrel-roll.

"We mustn't rush to knee-jerk reactions about the safety of airshows," said Tim Loughton, a member of

Britain's Parliament who represents Shoreham. "This is an airshow that's been going for 26 years, only the second time there's been any serious accident, and the first time that spectators and people on the ground have been affected, bad though that is."

THE ASSOCIATED PRESS

MORE WORLD NEWS ONLINE

SWITZERLAND

Planes collide, killing pilot

One pilot died when two small planes collided in the air and crashed at an airshow in northern Switzerland on Sunday, police said.

The two planes were part of a formation of three and they crashed after they touched each other in the air, according to Meinrad Stoecklin, a spokesman for police in Basel-Landschaft.

The automatic rescue system of the first plane didn't activate and the 50-year-old pilot, whose identity wasn't revealed, fatally crashed with his plane into a barn in the centre of the village of Dittingen. Nobody else was hurt in the crash.

The pilot of the second plane managed to escape by parachute and wasn't injured. His plane crashed near a home on the edge of the village.

THE ASSOCIATED PRESS

IN BRIEF

Two hurt after helicopter goes down in Texas

Authorities say two men were injured in a helicopter crash while filming an episode of the television reality series A Haunting in Texas.

The Texas Department of Public Safety says the crash happened Saturday about 30 kilometres east of College Station.

Two helicopters were filming when one was hit by a gust of wind and spun out of control, striking a tree and dropping on its right side. THE ASSOCIATED PRESS



He'd gone up into a loop and as he was coming out of the loop I just thought, 'You're too low, you're too low, pull up.'

Witness Stephen Jones on the moment before a pilot crashed his aircraft into a busy road.

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Groups take aim at crude plans

ENERGY

Rail projects touted to lower foreign reliance by 30%

To crude producers hankering for a route to market while pipeline proposals stall, a bevy of crude-by-rail projects planned on the U.S. west coast may look enticing. But efforts to connect trainloads of crude to refineries and marine terminals in Washington, Oregon and California aren't having an easy time either.

Big environmental organizations and small community groups have been teaming up to fight rail projects in various stages of development in the region. Among the concerns is the prospect of more Alberta bitumen, derided as "dirty" in some quarters, coming to the area by rail.

"We're as much of a green enclave as you're going to get in North America," said Matt Krogh, a ForestEthics campaigner based in Washington state.

"There's some real cognitive



An oil train travels along the Columbia River in Syncline, Wash. Environmental organizations cite the Lac-Mégantic disaster in 2013 as an example of their concerns surrounding the expansion of crude-by-rail transportation along the west coast. THE CANADIAN PRESS FILE

dissonance around allowing the expansion of a dirty and polluting industry in your backyard that makes no long-term economic sense."

Some of the concerns centre on local safety. The Lac-Mégantic disaster two years ago, in which a crude-laden train exploded and killed 47 people, is still fresh in

many minds.

But the larger implications of enabling more fossil fuel development and what that means for climate change is also playing a role in the debate.

The broad issue of shipping resources from the U.S. west coast — whether that be coal, oil or liquefied natural gas — raises

an "identity question," said Eric de Place, with the Seattle-based think-tank Sightline Institute.

"There's a lot of anxiety about that," he said.

A focal point of campaigns has been a \$210-million project pitched by Tesoro Refining and Marketing LLC and Savage Energy for Vancouver, Wash.



There's some real cognitive dissonance around allowing the expansion of a dirty and polluting industry in your backyard.

Matt Krogh, ForestEthics campaigner

The Tesoro-Savage project, dubbed Vancouver Energy, is the largest on the table, with a planned capacity of up to 360,000 barrels a day. That alone is more than 40 per cent of the proposed Keystone XL pipeline, which has been waiting for U.S. regulatory approval for nearly seven years.

The idea is to bring in North American crude by train and then send it by ship to refineries along the west coast, which have been relying on overseas imports to meet half their needs as production in Alaska and California declines. Vancouver Energy says the project would reduce the west coast's reliance on foreign crude by 30 per cent.

Tesoro spokeswoman Jennifer Minx said the terminal is set up to handle crude mostly from the Bakken formation, centred on North Dakota and stretching into parts of Saskatchewan, rather than heavy crude, like that from the oilsands.

"The Vancouver Energy terminal will be a modern, purpose-built facility with strict safety and environmental protections in its design and operating procedures. We actively work with our partners to make sure the entire supply chain is operating safely," Minx said.

The Washington State Energy Facility Site Evaluation council is expected to release a draft environmental impact statement for public review in November — four months later than previously expected.

Brett VandenHeuvel, executive director of Columbia Riverkeeper, said he's hopeful crude trainloads can be stopped.

"If you asked me a year ago, I might have had a different answer but there's been unprecedented opposition to it," he said. "It's not just conservation groups. It's pretty diverse and broad scale concerns about these projects."

THE CANADIAN PRESS

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UNITED STATES

Market plunges to four-year low

Growing concerns about a slowdown in China shook markets around the world on Friday, driving the U.S. stock market to its biggest drop in nearly four years.

The rout started in Asia and quickly spread to Europe, battering major markets in Germany and France. In the U.S., the selling started early and never let up. Investors ditched beaten-down oil companies, as well as Netflix, Apple and other technology darlings. Oil plunged below \$40 for the first time since the financial crisis, and government bonds rallied as investors raced into hiding spots.

"Investors are wondering if growth isn't coming from the U.S. or China, where is it going to come from?" said Tim Courtney, chief investment officer of Exencial Wealth Advisors. "This is about growth."

By the time it was over, the Dow Jones industrial average fell 530.94 points to 16,459.75, and the Nasdaq slid 171.45 points to 4,706.04. Meanwhile, gold gained \$6.40 to settle at \$1,159.60 an ounce. THE ASSOCIATED PRESS

MEDICAL MARIJUANA

Demand on the rise for bio pest control

When Sarah Stuiwe first got into the natural pest control business — which uses predatory insects, or "good bugs," to weed out pests — she never expected to be working with cannabis plants.

But thanks to Health Canada regulations that limit the use of chemical pesticides on medical marijuana to ensure their safety, the biological control specialist said she's seeing an uptick in business.

"I have seen a lot of growth in demand since the start of the cannabis industry," said Stuiwe, who works for Global Horticultural and also provides her services to vegetable farmers and plant growers.

Although certain chemical pesticides are permitted on medical cannabis — Health Canada

currently has a list of seven approved for use — producers prefer to avoid chemicals, which can leave residue on the plants.

"Specifically in this industry, it's very important not to apply chemicals topically, because when you burn the plant for the medicinal compounds, any residual product that's left on the leaves as a resin, you'll also be burning that and inhaling it," said Emily Moeller, the grow and production manager at Bedrocan Cannabis Corp.

Biological pest control can be costlier than using chemicals, said Moeller, but in the long run producers could end up saving money. "You won't have to throw entire crops out because they're contaminated," she said.

THE CANADIAN PRESS



Sarah Stuiwe checks for bugs at Bedrocan's facility in Toronto. DARREN CALABRESE/THE CANADIAN PRESS



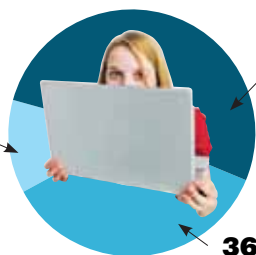
Is murder human nature? Archeologists say 7,000 years ago, Stone-Age humans in Europe massacred 26 people, smashing their shins and dumping them in a mass grave.

POLL: Is it fair to expose affairs?

A massive hack on the dating website Ashley Madison, which caters to married people, released millions of members' phone numbers, email addresses and credit card numbers last week — some fake, but many genuine as well. Some see this as cosmic justice, while others worry about breach of privacy, particularly for people cheating with the green light from their partners, and those who joined the site just for a laugh. We asked our readers what would happen if their online lives were exposed for all to see.

How much trouble would you be in if all your online activities (your surfing history, what you buy, what you watch, everything) were made public?

12% I would risk my relationship with my spouse, friends, family or employer



52% I'd have some explaining to do, but I'd live

36% I'd be fine

Answer our poll every Friday at metronews.ca

How do you feel about the release of Ashley Madison users' personal data?

61% No sympathy. Cheaters deserve what they get.



39% It wasn't right. Adults' sex lives are private.

How careful are you with your private information online?



**67% I'm fairly careful and change my passwords often
13% I'm extremely careful; I'd encrypt everything if I could
13% I'm lazy & hope for the best
7% I never think about it**

Let's keep beaches open, summer is slipping away

COLLINS' CAPITAL

Steve Collins



Ottawa's beach season was 58 days. The federal election season is 78. What did we ever do to you, summer 2015?

It didn't help that Aug. 17, the end of summer as far as the lifeguards and water testers are concerned, coincided with another heat warning from Ottawa Public Health (it ended Thursday).

In the meantime, some sweltering inmates of the national capital made an understandable fuss about the ill-timed closure, and the city's community and protective services committee is looking into possible changes to the schedule for next year.

Staff point out, however, that the end of August is traditionally the only time off the student lifeguards get before heading back to class,

though something tells me that if paycheques were offered, enough of them would jump right back in.

But there are no paycheques. The real sticking point, as is so often the case in our thrifty burg, is money.

According to the city, keeping our beaches open until Labour Day would cost an extra \$100,000. That's small change relative to a \$3-billion budget, but as we're reminded time and again, that budget doesn't have much small change rolling around.

The season isn't extended to make up for lost days, either. Closures reduced the actual number of days you could swim at city beaches to 43.

They haven't rolled up the sand and drained the river, of course. You're still free to swim at your own risk, but don't even think about it after a heavy rainfall, when E. coli levels, though no longer being tested, are likely to

be excessive, thanks to raw sewage overflows from the city's soon-to-be-improved storm drains.

Meanwhile, it seems summer still has plenty of pepper in it, and Ottawa Public Health helpfully offers hints for cooling off that don't involve the beach. City pools and splash pads remain in operation.

Or, they suggest, "Visit one of our 33 Ottawa Public Library branches. Why not read a good book or surf the web in the air-conditioned comfort of the Ottawa Public Libraries?"

And that's a great idea — six days a week. The library budget is too tight to allow any branches to open on Sundays in the summer.

And so we bump again, and again against the budget, its two per cent maximum on tax increases, and the requirement that any new spending be counterbalanced with an equivalent cut from

the same envelope. Any extension of beach season would come at the expense of recreational programming elsewhere.

If you're ever looking for me, the beach is generally not the place. My personal season on Ottawa's beaches amounted to an hour at Mooney's Bay. But we don't run this city for one spotty white guy who's capable of getting sunburn from a 100-watt light bulb.

Every city service is essential to someone. If you contended with overheated kids this week, the beach would have been a safe, cheap, fun way to cool them down.

Civically, I'm embarrassed you didn't have that choice. It's not the heat, it's the frugality.

Steve Collins lives in Ottawa. He might also be the guy behind you on the bus, pretending not to notice you're reading this. Act casual.

metroview

Someone threw a rock at my head because they thought I was gay



Tim Querengesser
Metro | Edmonton

The rock was the size of an apple. I heard it fly past my ear as I meditated.

When it landed with a crack, a woman near me in the park screamed. A girl, no older than 3, playing about 10 feet from where the rock came to rest, just stared, confused.

I looked behind me, from where the rock had come, and there, across the street, holding another rock in his right hand, was a guy suggesting he was going to throw again.

I called the police.

Now, let me back up.

Five minutes previously, I had never met this guy. I was sitting on a park bench when he approached.

"You know, you f-gs can't take over this park," he said.

"I don't know what you're talking about," I said, startled.

He walked away, muttering things about "f-gs." But, believing he was gone, I resumed meditating.

Then, the rock.

When the police arrived, they fruitlessly looked for the guy, who had disappeared into the city's back alleys.

I wrote a report. But when the cop — professional, courteous, helpful — and I discussed it, the conversation became awkward.

"I hate to ask you this, but, are you gay?"

Most of me wanted to rage at the question.

"No," I said.

"Well, if you were, I'd be investigating the guy for a hate crime."

I nearly lost it, but said nothing.

A man had targeted me, believing I was gay. Had the big, heavy rock connected, my brain would have been damaged.

Because I'm not gay, however, to the cop this man wasn't a potential hate criminal but just an annoying hooligan.

The definition of a hate crime varies across the world and also across Canada. A report from the Department of Justice notes each of our police departments works with different concepts of what a hate crime is and is not. Most victims of violent hate crimes, it notes, are ethnic minorities.

Concerning, that. More concerning, though, is how the cop's suggestion that I needed to be gay for there to be a crime made me self-censor.

The justice report notes most victims of hate crimes are "not comfortable approaching the police."

I felt no discomfort with approaching the police — unfortunately, that's the privilege that comes with being white, male and straight. And yet, I had bitten my tongue, not having the energy to explain why his logic was flawed.

Another hate crime went unpunished. One can only imagine how victimizing that police indifference or ignorance would have been for someone who was targeted for who they really are.

Rosemary Westwood will return next week.

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PHILOSOPHER CAT by Jason Logan





If your kid takes a hit, reach for concussion handbook



CHILDREN'S HEALTH

Specialist creates guide to symptoms and recovery

At the tender age of 17, Warren McNeil considers himself a concussion veteran. He's sustained six brain injuries playing hockey and lacrosse, one of which knocked him out cold.

For five of those concussions, the Toronto teen was able to return to school and sports after a week or two of resting in a dark room to avoid overtaxing his healing brain.

But the last one in October — the result of being hit from behind while playing hockey and falling head-first into the boards — was different.

Though the blow hadn't knocked him unconscious (unlike the previous one in which he got nailed in the head by a lacrosse ball while playing goal) this one seemed to "really hit me hard."

A week after the concussion, McNeil started to feel better and figured his recovery would mimic his previous five.

"And I went on a bike ride with a friend on the Saturday, and Sunday morning I woke up

and I felt like I'd been hit by a bus," he said.

"And you don't know what to do, because I'd never had that happen before," said McNeil, who for weeks continued to experience myriad symptoms that kept him out of school and away from his usual activities: starred and blurred vision, nausea, headaches, dizziness, anxiety and depression and "horrible" concentration.

so many difficulties and, more importantly, what he could do to help himself recover.

The educational tools that concussion specialists provided for McNeil are now available in a free handbook that can be downloaded at hollandbloorview.ca/concussionhandbook.

"It makes concussion education accessible and digestible for kids and families," said Nick Reed, an occupational therapist and researcher at Holland Bloorview who specializes in concussion.

The handbook not only helps parents identify when their child may have suffered a concussion and what that injury does to the brain, but it also sets out strategies for speeding up recovery and avoiding setbacks.

"I relate it to a gas-tank analogy," Reed said Wednesday during the launch of Concussion and You: A Handbook for Parents and Kids. "Everything we do in our life uses fuel, and our brain is that gas tank. When you have concussion, a lot of that fuel is going to healing that injury, so we don't have a lot in the tank."

"If we do too much and we're not smart about the activities we engage in," he said, "that fuel's going to run out very quickly," leading to a prolonged recovery period that for some can go on for many months.

The handbook provides tips on conserving energy, how to get good-quality sleep and proper nutrition, and relaxation exercises to protect the brain and to promote healing.

Logs for recording daily activities and their effects on symptoms are meant to help children with a concussion make and achieve reasonable goals that will help them return to school and their regular physical pursuits.

"We know that the pediatric brain does not respond the same way as the adult brain, and their lives are very, very different," said Reed. "Also, we want to make sure that everyone involved in a young person's life — whether it be a coach, a teacher, a parent, a friend or a medical professional — are all on the same page."

"And we're hoping this concussion handbook can really help lead the way there."

McNeil, who has given up contact sports because of an increased risk of suffering an even more serious concussion, said he's almost fully recovered. But 10 months later, he still has times when he feels a bit "wonky."

"I think having this book in particular — that day when I wanted to go on a bike ride, knowing how far to push myself or having more information about it when I woke up that Sunday morning — would have

been so comforting," he said.

"I really do think it's going to help a lot of people. The more you know about it, the better you can deal with it."

THE CANADIAN PRESS

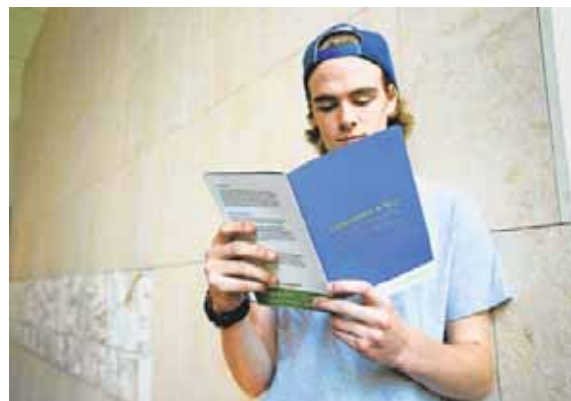
+ ON SAME PAGE

Book helps parents to take an active role, director says

Jennifer Smith, president of the 1,400-member Toronto Leaside Girls' Hockey Association and a director with the Canadian Women's Hockey League, said the handbook will be an invaluable educational tool for players, parents and coaches.

As a parent of a daughter who sustained two concussions playing hockey, Smith said it's critical that parents and coaches can recognize the signs of concussion and know how children with the injury should be cared for.

"It's terrifying when your child is injured or sick and you don't know what to do," she said. "Just having a little bit of knowledge is such a comfort to parents, (knowing) that they can take an active and proactive role in their child's recovery."



NATHAN DENETTE/THE CANADIAN PRESS



I think having this book in particular when I woke up that Sunday morning would have been so comforting.

Warren McNeil, concussion veteran at age 17

It wasn't until he and his parents attended a concussion information session at Holland Bloorview Kids Rehabilitation Hospital that the high school student learned why he was having

Take this Jobs and deal like a boss

COMMUNICATION

How to handle a demanding leader's work expectations

OFFICE RELATIONS

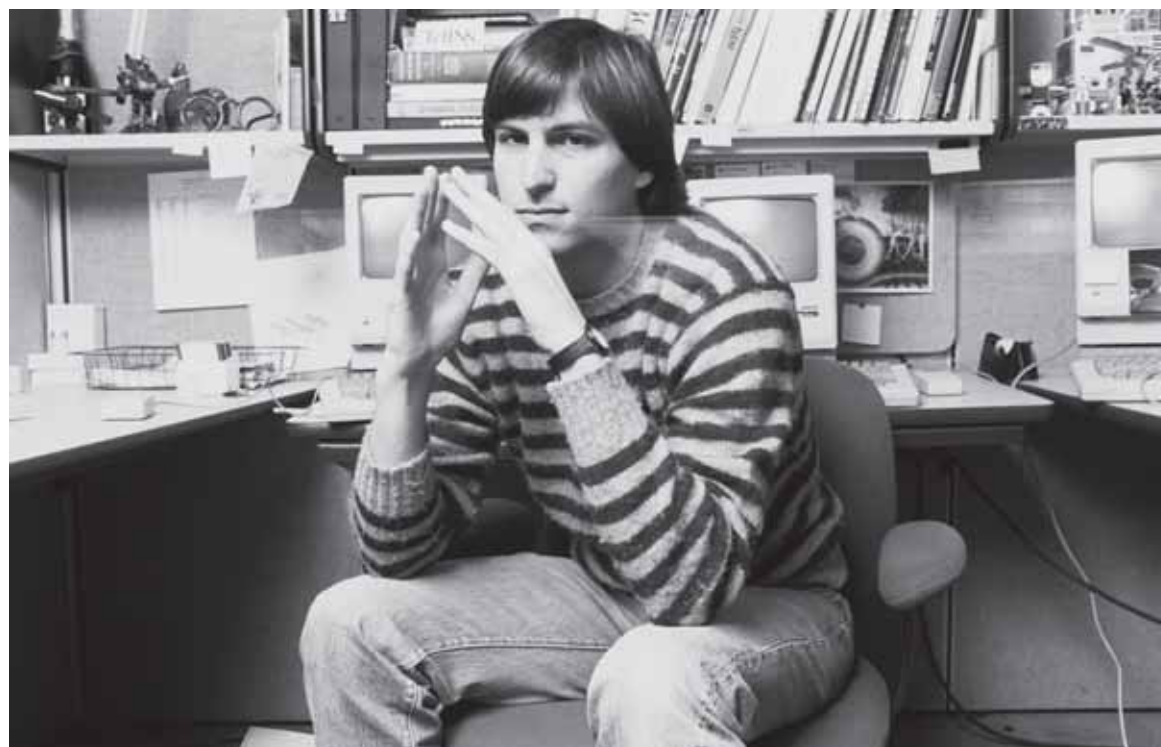
Eleni Deacon



Visionary but reactionary. Inspiring but narcissistic. Not that much fun. In the just-released documentary *Steve Jobs: The Man in the Machine*, director Alex Gibney appears to reinforce darker characterizations of Apple's headstrong founder: the big-time CEO with an ego bigger than a 1980s desktop computer.

Jobs' bulldozer leadership style is often credited as an integral factor to his company's exceptional success. But while his purported intensity (and eccentricity) helped make him revered, it didn't make him easy to work for.

Jobs' difficult-but-brilliant reputation speaks to a common professional tension: the difference between leadership and management. Leaders, the thinking goes, energize their staff, guiding their employees and companies to extraordinary places. Managers, mean-



Apple founder Steve Jobs was known for his mercurial leadership style as much as for his company's achievements. CONTRIBUTED

while, fixate on the humdrum minutiae of office life.

But while change-the-world leadership might be motivating, it can also be frustrating. How do you navigate a boss so focused on the big picture they

don't ascertain the complications and pressures in your day-to-day?

To bring blue-sky bosses down to earth, practise tactful but upfront communication. Just got slammed with

“When your superior has no interest in managing, manage up.”

an unfeasible project? Don't simply complain that there's not enough time. Instead, outline the items currently in your to-do pile, and articulate how new ventures might affect your current responsibilities. Rather

than expecting your boss to understand what you're doing, take it upon yourself to keep them informed.

When your superior has no interest in managing, manage up. This doesn't mean telling your boss what to do. It means identifying gaps in their knowledge and providing them with the intel necessary to lead effectively. It's possible to respect your boss's leadership while struggling to get a footing amid their flimsy management. In that case, building a supportive, informative relationship will provide you with leverage when their ideas or demands get unrealistic.

Steve Jobs may not have been the most reasonable personnel manager, but he didn't ignore details. He had a hand in every aspect of how Apple's products were conceived, built and sold, and was known to obsess over seemingly insignificant points. According to one former colleague, he spent 30 minutes trying to choose a shade of grey for the Apple stores' bathroom signs.

So while Apple's growth is often attributed to his larger-than-life leadership, smaller-scale concerns still played a key role. Leadership and management may not be the same thing — but they're also not mutually exclusive. Big achievements need a balance of both.

TIME MANAGEMENT

Doing less to be more productive in the office

Who isn't busy? Between constantly responding to emails, attending multiple meetings a day, and taking care of familial and social obligations, it's a wonder we get anything done.

And often we don't! Or, well, we get a ton of small, inconsequential stuff out of the way, but when it comes to the projects and goals that really matter, we hardly make a dent.

“Focusing on time management and productivity is actually making our problems worse,” says business psychologist Tony Crabbe, author of *Busy: How to Thrive in a World of Too Much*.

“But all that that does is make people busier, less effective and, quite frankly, less happy.”

Crabbe points to a study that found we consume six times more information than we did in 1986 — but that we produce an astonishing 200 times more. “So you think, ‘Wait a minute. I'm producing 200 times more, and everyone else is consuming six times more.’ That's just a ton of white noise nobody is

paying attention to,” he says.

His solution? Stop doing so much! But, how can we cut back on our workload without, well, getting fired? Crabbe gives us some guidance.

Surf your workload

Many of us organize every aspect of our day so we can squeeze in as much work as possible.

“People think, if they can get in control of their time, things will be OK, but that's unhelpful,” says Crabbe. In-

stead, think of a surfer.

“The surfer doesn't try to control the sea — or catch every wave,” he says. “Surfers succeed by choosing the right waves, taking risks and completely immersing themselves in the moment. They master the wave.”

So instead of trying to get everything done, pick the most important things and give those your all. Even if that means sacrificing a few of the smaller tasks, the risk will yield greater rewards.



You can get more done by staying focused. ISTOCK

Tear up your to-do list

To-do lists? Totally useless. In fact, these scraps of paper only aid us in completing mostly meaningless tasks.

“A to-do list has 20 to 30 things that are not important enough to remember otherwise, which is why we have to put them on a to-do list,” scoffs Crabbe. “You don't put the stuff that's going to change your life. You could argue that the very act of doing to-do lists drives your attention away from the stuff that's really important.”

Ignore your email

Email is a great communication tool; it's also incredibly distracting. Let's face it: Not every email needs a response — even fewer need a response ASAP. And if we are constantly fielding messages and requests, then we'll never come up that brilliant project, article or strategy.

“Deliberately play with not getting your inbox to zero,” Crabbe suggests. “Compete with your colleagues about

how many unopened emails you have.” And leave your phone at home if you find the email alerts distracting.

As for those meeting invites that pop up? Ignore those, too. “How many times do we go to a meeting out of fear? If the meeting doesn't pertain to you, decline. What's the worst that can happen?”

Always have a 'because'

It takes cojones to skip a meeting or ignore an email from a client because you are busy creating. But if you offer concrete reasons for why you have shirked or put off certain activities, people might just respect you.

“I had a client get upset that I wasn't responding to his emails right away,” says Crabbe. “So I called him up and said, ‘Look, I only look at emails once or twice a day to allow me to focus and create. Otherwise, I can't get anything done.’ And you know, he went from being slightly irritated to inspired.”

RAQUEL LANERI/METRO IN NEW YORK

IN BRIEF

No benefit of the doubt for Netflix from protests over selective mat leaves

Netflix is getting jeered for excluding the employees in its DVD-by-mail service from a recently introduced benefit that gives up to a year of paid leave to most of its workers after the birth or adoption of a baby.

At least three online petitions posted by activist groups are urging Netflix to extend the baby benefit beyond the roughly 2,000 workers in the Internet-video service that generates most of its revenue.

Netflix has about 450 temporary, part- and full-time employees in its steadily shrinking but still profitable DVD division.

The protesting groups contend Netflix is unfairly favouring the mostly high-paid employees in its Internet video service over its lower-paid DVD workers.

Netflix says its DVD employees get bigger paychecks and better benefits than people in comparable jobs. THE ASSOCIATED PRESS

RECIPE Heirloom Tomato, Nectarine and Feta Salad



EAT LIGHT AT HOME

Rose Reisman

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Heirloom tomatoes come in a variety of colours and shapes that have been passed down through the generations. Serves 6.

Ready in

Prep time: 10 minutes

Ingredients

- 2 ripe nectarines
- 2 yellow or green heirloom tomatoes
- 2 red field tomatoes
- 1/3 cup crumbled light feta cheese
- 1/2 cup pomegranate seeds (optional)
- Dressing:
 - 2 Tbsp olive oil
 - 2 tsp finely grated lemon zest
 - 2 Tbsp lemon juice

- 2 tsp honey
- Garnish
- 3 Tbsp chopped basil

Directions

1. Slice nectarines into 1/2-inch wedges.
2. Slice all tomatoes into 1/2-inch horizontal pieces.
3. Add nectarines and tomatoes to serving platter. Add feta and pomegranate seeds, if using.
4. Combine ingredients for dressing, pour over top and garnish with basil.

Nutrition per serving

- Calories 100
- Protein 3 g
- Carbohydrates 10 g
- Fibre 2 g
- Total fat 6 g
- Saturated fat 1.5 g
- Cholesterol 0 mg
- Sodium 105 mg

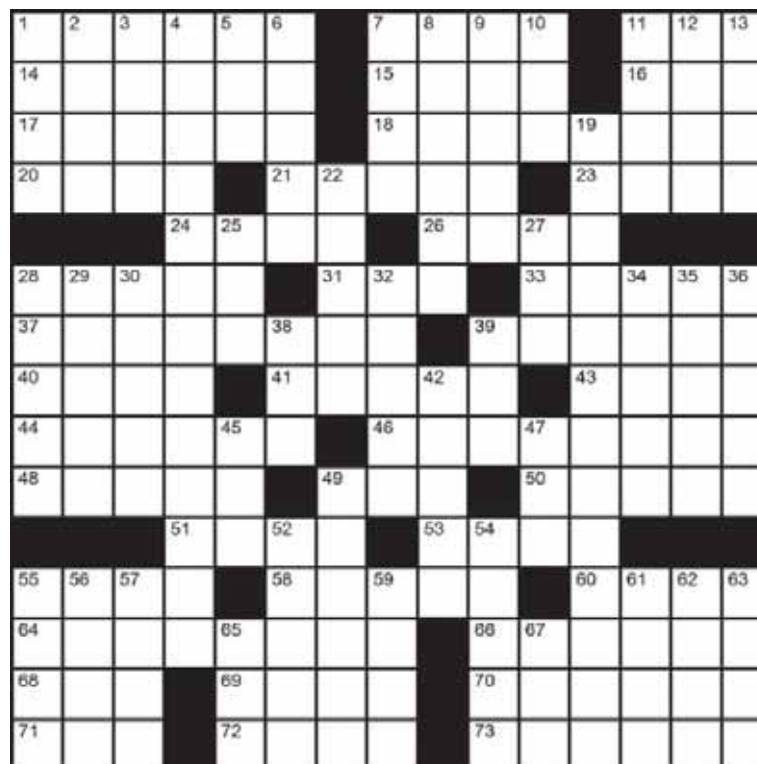
PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Island where Nunavut's capital Iqaluit is located
7. Stephen King's dog-with-rabies book
11. DreamWorks --- (Movie studio)
14. Checking e-mail
15. Receptive
16. Nautical rope
17. Dessert offering
18. Elevation
20. Shindig
21. Ms. Carter of "Designing Women"
23. Betting like-lihoods
24. Itar- (Russian news agency)
26. Scuffle
28. Violin virtuoso Mr. Stern
31. Weekend day, for short
33. Do well in life: 2 wds.
37. Hysteria
39. Like overly liquefied sauce
40. Scream
41. It's not a nectarine, it's a what?
43. Dry
44. Goes under the beach game's stick
46. Canadian specialty channel that airs "Continuum"
48. Space distances, for short: 2 wds.
49. Pro bono TV spot [acronym]
50. Lynn (Judge on "Divorce Court")
51. Between har-



- bours
53. Berth
55. Pad (Noodle dish)
70. Suggest
71. Queen (Toronto thoroughfare)
72. Mackerel
66. Dog breed
68. 'Meth' suffix

69. "Up and ___!" (Wake up time greeting)
70. Suggest
71. Queen (Toronto thoroughfare)
72. Mackerel
66. Dog breed
68. 'Meth' suffix

DOWN

1. Exploding device
2. Crosswords buffalo
3. Winter bugs
4. Intertwined hairstyle often worn to one side: 2 wds.

5. Li'l lengths
6. Wants
7. Cajole
8. Raise spirits
9. Baseball great Derek
10. 'Pepper' suffix (Pizza topping)
11. Type of earring
12. Frances Shand

- ___ (Princess Diana's mother)
13. Gollies
19. Compact car manufactured in Cambridge, Ont.: 2 wds.
22. Magazine installment
25. Horiz.
27. Classic range cooker company
28. Pastoral poem
29. Go to that movie: 2 wds.
30. Soap opera, "___ Children"
32. Collect
34. Savage
35. Originate
36. Actress Winona
38. Web ID addresses
39. UN public wellness agcy.
42. Victor
45. Old spy gr.
47. Intl. commerce group
49. The Prince and the ___ (Mark Twain story)
52. Upper crust
54. Felix's roommate
55. Poetic contraction
56. Clue
57. Freshly
59. Office note
61. Grad
62. Show allegiance
63. Golfer when readying for play, say
65. B.C.'s ocean
67. Corrida call

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Something you have always accepted as true is about to be revealed as, at best, a hoax and, at worst, a lie. You may never trust so-called "experts" again.

Taurus April 21 - May 21
You are dwelling on what is going wrong in the world instead of on what is going right, so it's no wonder you are unhappy. Worry less, smile more and take life as it comes.

Gemini May 22 - June 21
You may be having second thoughts about the direction your life is taking but now is not the time to make major changes. Stay on the path you have chosen. Things don't make sense, but they will eventually.

Cancer June 22 - July 23
The changes that occurred last week will inevitably have a knock-on effect, leading to changes in other areas. With luck planet Jupiter moving in your favour they should overwhelmingly be changes for the better.

Leo July 24 - Aug. 23
You seem to be on the defensive but there is no need. The overall cosmic picture is exceedingly good and will get even better. It'll get better quicker if you stop worrying so much.

Virgo Aug. 24 - Sept. 23
You are at odds with what those around you appear to believe but you must not change your opinions just to please them. You see something that everyone else has missed.

Libra Sept. 24 - Oct. 23
You may be in a panic and try to get everything done in a mad rush. Not only is that unnecessary but it could be counter-productive as well. Focus on one goal at a time.

Scorpio Oct. 24 - Nov. 22
Never doubt that you are heading in the right direction or that you will succeed. There may be times when you find it hard to keep your doubts at bay but you must. You have sacrificed too much to give up now.

Sagittarius Nov. 23 - Dec. 21
Some people may criticize you for refusing to change your ways but they will realize that you were right. It is your fixity of purpose that will bring you success.

Capricorn Dec. 22 - Jan. 20
There are certain people you would be wise to avoid. You know who they are and you know what is likely to happen if your paths should cross, so plan your route carefully!

Aquarius Jan. 21 - Feb. 19
You may be under pressure to get one task finished so you can start on another but don't rush. If you make a mistake you will have to go back to the beginning and start over.

Pisces Feb. 20 - March 20
Your head may be full of great ideas but make sure they are practical. If not you could be heading for disaster around the time of Saturday's full moon. Plan carefully and don't let your enthusiasm carry you away.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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